

## OCTOBER 2018 CALENDAR OF EVENTS

- 1 Grace Reliant Fun Activity!!! 10:45, Come for a fun activity provided by Grace Reliant
- 2 Site Council 9:00 am to decorate, meeting immediately following  
Exercise Class, 9:30
- 3 Dominoes, 8:00 am
- 4 Blood Pressures, 10-11:00, Broadway Pharmacy  
Exercise Class, 9:30  
Bible Study, 10-11:00  
APPLE Project Paperwork Service, 10:30  
Raffle, 11:45
- 5 Weight Sense, 9:00 am  
Bingo, 12:30, Edward Jones, Timothy Domian, Financial Advisor
- 8 Center Closed for the Columbus Day holiday.... See you tomorrow!!!
- 9 Board Meeting, 12:15  
Exercise Class, 9:30
- 10 Dominoes, 8:00 am  
Trendsetters Beauty Bingo, 10:30
- 11 F & DJ Band, live music and wonderful entertainment, 10-11:15, You won't want to miss this!  
Exercise Class, 9:30  
Bible Study, 10-11:00  
APPLE Project Paperwork Service, 10:30  
Raffle, 11:45
- 12 Weight Sense, 9:00 am  
Bingo, 12:30, Broadway Pharmacy
- 15 Birthday Bingo, 10:15, Montgomery Bank  
Birthday Party, 11:00, cake provided by Crown Hospice, please sign up if you plan to attend and sit at the birthday table
- 16 Exercise Class, 9:30
- 17 Dominoes  
Blood Pressures, 10-11:00, Crown Hospice
- 18 Disaster and Emergency Preparedness Kit Planning, 10:30, Helen Miner, How to build and prepare an Emergency Kit  
Exercise Class, 9:30  
Bible Study  
NO APPLE Project Paperwork Service today  
Raffle, 11:45
- 19 Weight Sense, 9:00 am  
Bingo, 12:30, Saxony Village
- 23 Grace Health Services, Foot Care Clinic, sign up for appointment  
VNA Fun Activity! 10-11:00, come and see what VNA has in store for you today! It is always a great time!  
Exercise Class, 9:30
- 24 Dominoes, 8:00  
Trendsetters Beauty Bingo, 10:30
- 25 Exercise Class, 9:30  
Bible Study, 10-11:00

- APPLE Project Paperwork Service, 10:30, Medicare Part D Review  
Raffle, 11:45
- 26 Balance Screening, 10:00 until everyone is through. Sign-up at front table. Sponsored by Kindred At Home.  
Weight Sense, 9:00 am  
Bingo, 12:30, The Villas of Jackson, Assisted Living
- 30 Exercise Class, 9:30
- 31 Dominoes, 8:00  
Happy Halloween!

#### LIVE BAND PROVIDES TOE-TAPPING MUSIC FOR US

On Thursday, October 11, from 10-11:15, we will enjoy the F & DJ Band for some great music. It has been 3 months since we have had live music for your enjoyment, so please plan to come and enjoy this free mini concert provided by these talented volunteers. Be sure to thank them for their volunteer time and sharing their talent with us!

#### BLOOD PRESSURES OFFERED TWICE DURING OCTOBER

To keep you up to date on your blood pressure readings, this month we will have two clinics for you to participate in. October 4 and October 17, both from 10-11:00 am in the exercise and activity room. Be sure to thank our sponsors who come to provide this service for us.

#### EMERGENCY AND DISASTER KIT PREPAREDNESS

Each year we are faced with the possibility of some type of emergency. It is very wise to be ready and prepared. Helen Miner will be presenting an educational program on THURSDAY, OCTOBER 18 on how to be ready. She will show us her own personal emergency kit and how we can build our own. She will help us learn what to buy, and how to spread that expense out over several months. You will not want to miss this informational program.

#### BALANCE SCREENING PLANNED FOR OCTOBER 26

We will be holding a free Balance Screening, sponsored by Kindred at Home, on Friday, October 26, starting at 10:00 am. Please sign-up at the front table so we know how many to expect. There will not be scheduled appointments, just a general sign-up to get an attendance idea. We are doing this in conjunction with Fall Prevention awareness.

#### PLAN AHEAD FOR NOVEMBER FUNDRAISING BAKE SALE

The Site Council will be sponsoring its annual Bake Sale on Thursday, November 15. NOW is a great time to be thinking about what you can bring to help. Many recipes can be made ahead and frozen, so you can bake ahead, stock up and be ready.

If you are unable to bake, you can always give a contribution to help with this important fundraiser in lieu of baking items. Please invite friends and family to come and buy items at the sale.

#### MEMORIAL GIFTS RECEIVED DURING THE MONTH

A memorial contribution was given in memory of Jo Renfrow by Anita Dickerson.

#### MEDICARE PART D OPEN ENROLLMENT IS OCT. 15 THROUGH DEC. 7

For 2019 Medicare coverage, open enrollment is in the fall of 2018, from **October 15 to December 7**. During this annual enrollment period (AEP) you can make changes to various aspects of your coverage.

- You can switch from Original Medicare to Medicare Advantage, or vice versa
- You can also switch from one Medicare Advantage plan to another
- You can switch from one Medicare Part D (prescription drug) plan to another
- And if you didn't enroll in a Medicare Part D plan when you were first eligible, you can do so during the general open enrollment, although a late enrollment penalty may apply.
- It is important, especially if you take several medications, to have this reviewed each year.

The Senior Center is sponsoring a free event where you can have a Medicare Part D review on Thursday, October 25 starting at 10:30 am.

Bring your Medicare card, a list of all medications you take and include how often or when you take them and the strength of dose. The review takes place while you wait and there is no cost. The review will tell you which type of plan is best for you to help you save money!!!! This is a wonderful service, so take advantage of it if you can.

The APPLE Project Paperwork Service will be doing these reviews and it is safe and free of charge.

The Senior Center is always in need of your time and resources.  
Please remember your Senior Center when making your final arrangements.